



*Enriching the lives of our senior neighbors
through friendship, activities, education,
nourishment and education.*

May 2023
NEWSLETTER

***Thank you again to all of our VOLUNTEERS, who we celebrated
in April during Volunteer Appreciation Month!!***

- Check out the return of the **Chester County Collaborative Art Show!** Make plans to visit the Government Services Center at 601 Westtown Rd., West Chester between May 1-31st weekdays from 8:30 AM – 5 PM. **Some of our WCASC artists will be featured!**
- For those who pre-registered during April, the **CHESTER COUNTY SENIOR PICNIC** will be held Thursday, May 11th, at Springton Farm in Glenmoore.



- Specially planned for **MAY** which is “**MENTAL HEALTH AWARENESS MONTH**” is a 3-part **MEMORY SERIES** led by our good friends at **PHYSIS ASSOCIATES**. See inside for details on Pg. 5.
- **MAY BIRTHDAY LUNCH** is Wednesday, May 17th..... the return of our new musician friend, **BOB STARNER**, will be back singing your favorites with his guitar!
- **And also making its return this summer is our very popular FASHION SHOW coming this June!** Christine and her staff from Christine's Upscale Resale just down the street will coordinate a Fashion Show for us on Wednesday, June 14th. **WE'RE IN NEED OF MODELS AND ESCORTS.....be sure to sign up at the Center's front desk.** Come strut your stuff on our red carpet once again!

West Chester Senior Center Updates

Save the Date
West Chester Area Senior
Center
Presents:
“Sassy & Splashy”
Our Annual Fashion
Show
Wednesday, June 14th
12:45 PM

Technology Assistance
Available with Jim Mobile!



To schedule an appointment, call 610-431-4242
x115 or email jimm@wcseniors.org

Availability Monday, Tuesday, & Friday -
12:00-3:00 PM

CORNER CABINET UPDATES:

- **WCASC REGISTRATION COMPLETION IS REQUIRED** FOR ALL before any shopping, this includes both people food and pet food! Registration may be completed in our Front Lobby during normal operating hours. Everyone MUST sign into the Center & to the Corner Cabinet EACH visit!
- Please know that the Corner Cabinet and its variety of foods are offered to you for FREE due to the generosity, time and care of many in our community. Additionally, the Cabinet is coordinated by a caring group of volunteers working alongside our very small staff. THANK YOU for respecting the guidelines set forth and please let our valued volunteers know that you appreciate all of their efforts to help everyone!
- Inside shopping will be offered every Wednesday from 10:00 am – 1:00 pm for REGISTERED MEMBERS/PARTICIPANTS.
- Our “Corner Cabinet” is here for your supplemental food, not your full grocery list. We are able to offer whatever we have each week and in varying limits.
- Please understand that all supplies are limited and we will set up maximum allotments for each item based on supply as we work to fairly and equitably serve everyone each week.
- We hope you all enjoy the Corner Cabinet!
- Dog and cat food is also available once per month as supplies allow.

West Chester Senior Center BOOKSTORES!

Book Store 1/ Borough

Monday - Friday 10 am -6pm
Saturday - Sunday 11 am-5pm

Book Store 2/Parkway

Tuesday – Friday 10:00am-4:00pm
Saturdays 10:00am-3:00pm




May Special

**50% OFF Beach Reads &
Mother's Day**

MAY PROGRAMS & ACTIVITIES

1 MONDAY	2 TUESDAY	3 WEDNESDAY	4 THURSDAY	5 FRIDAY
Continental Breakfast / Socialization 9:30- Level Three Fitness Class 10:30 - Level Two Fitness Class 10-12 - Villanova BP's 10:30 - Bingo & Current Events 11:30 - Level One Fitness Class NOON- Lunch 12:00 – 3:00 - Tech & Assist	Continental Breakfast / Socialization 930-Cardio Interval Fitness Class 10:30 - Beginners Spanish Class 10:30-Stretching & Strengthening NOON - Lunch 12:00-3:00 - Tech & Assist.	Continental Breakfast / Socialization 10:00-1:00 - Corner Cabinet 9:30 - Level Three Fitness Class 10:00- German Klub 10:10 - Villanova nurse present. "Depression" 10:30 - Level Two Fitness Class 10:30- Bingo 11:30 - Level One Fitness Class NOON – Lunch 12:30 - "Getting your affairs in order" 12:45 - Knitting and Crocheting Club	Continental Breakfast / Socialization 9:30 - Cardio Interval Fitness Class 10:30 - French 10:30 - Level Two Fitness Class 11:30 -Level One Fitness Class NOON- Lunch 12:30 - Cooking with WCU 12:45 - Mahjong	Continental Breakfast /Socialization 10:30- Friday Fun Fitness 11:30- Level One Fitness Class NOON- Lunch 12:00-3:00- Tech & Assist 1:00 - "Tea Crafts" with Andrea & Cheryl
8 Continental Breakfast / Socialization 9:30 - Level Three Fitness Class 10:30 - Level Two Fitness Class 10:30 - Bingo 10:30 - Current Events 11:00 - Physis Memory Series #1 11:30 - Level One Fitness Class NOON- Lunch 12:00 – 3:00 Computer - Tech & Assist	9 Continental Breakfast / Socialization 9:30 - Cardio Interval 10:30 - Beginners Spanish Class 10:30 - Stretching & 11:15 - Kinetic PT 12:00 - Lunch 12:00-3:00 - Tech & Assist.	10 Continental Breakfast / Socialization 9:30 - Level Three Fitness Class 10:00-1:00 Corner Cabinet 10:00- German Klub 10:30 - Level Two Fitness Class 10:30 - Bingo 11:30 - Level One Fitness Class NOON – Lunch 12:30 - Full Range PT 12:45 - Knitting and Crocheting Club	11 Chester County Senior Picnic Continental Breakfast / Socialization 9:30- Cardio Interval Fitness Class 9:30 - Bible Study 10:00-12:00 Senator Comitta Outreach 10:30 - French 10:30 - Level Two Fitness Class 11:30 - Level One Fitness Class NOON- Lunch 12:30-1 - Main Line Health Prest. 12:45 - Mahjong	12 Continental Breakfast /Socialization 10:30- Friday Fun Fitness 11:30- Level One Fitness Class NOON- Lunch 12:00-3:00- Tech & Assist 12:30 Mother's Day Tea
15 Continental Breakfast / Socialization 9:00-12 Memory Screenings Physis 9:30-Level Three Fitness Class 10:30 - Level Two Fitness Class 10:30 - Bingo & Current Events 11:00 - Physis Memory Series 2 11:30 - Level One Fitness Class NOON- Lunch 12:00 – 3:00 - Tech & Assist 12:30 - Q & A Senior Living Oasis Advisors	16 Continental Breakfast / Socialization 9:30 - Cardio Interval 10:30 - Beginners Spanish Class 10:30 - Stretching & Strengthening 11:15 - Book club NOON- Lunch 12:00-3:00 Tech & Assist.	17 Continental Breakfast / Socialization 9:30 - Level Three Fitness Class 10:00 -1:00 - Corner Cabinet 10:00- German Klub 10-12:00-State Rep Pielli's Office 10:00-12:00 -CVIM 10:30 - Level Two Fitness Class 10:30- Bingo 11:30 - Level One Fitness Class NOON Birthday Lunch with Bob Starnier Entertainment 12:45 - Knitting and Crocheting Club	18 Continental Breakfast / Socialization 9:30 - Cardio Interval Fitness Class 10:00-12:00 – ENTAC Hearing Clinic 10:30 - Level Two Fitness Class 10:30 - French 11:30 - Level One Fitness Class NOON- Lunch 12:30 "Open Forum" West Goshen Twmsp 12:45 - Mahjong	19 Continental Breakfast / Socialization 10:30- Friday Fun Fitness 11:30- Level One Fitness Class NOON- Lunch 12:00-3:00- Tech & Assist'
22 Continental Breakfast / Socialization 9:30 - Level Three Fitness Class 10:30 - Level Two Fitness Class 10:30 - Bingo 10:30 - Current Events 11:30 - Level One Fitness Class NOON- Lunch 12:30 Senior Helpers Trivia 12:00-3:00 Tech & Assist	23 Continental Breakfast / Socialization 9:30 - Cardio Interval 10:30 - Beginners Spanish Class 10:30 - Stretching & Strengthening NOON- Lunch 12:00-3:00 Tech & Assist	24 Continental Breakfast / Socialization 9:30 - Level Three Fitness Class 10:00-1:00 – Corner Cabinet 10:00 German Klub 10:30 - Level Two Fitness Class 10:30 – Bingo 11:15 "Happy Living" Humana 11:30 - Level One Fitness Class 12:45 Knitting and Crocheting	25 Continental Breakfast / Socialization 9:30-Cardio Interval Fitness Class 9:30- Bible Study 10:30- Level Two Fitness Class & French 11:30 Level One Fitness Class NOON - Lunch 12:45 - Mahjong	26 Continental Breakfast / Socialization 10:30 – Friday Fun Fitness 11:30- Level One Fitness NOON - Lunch 12:00-3:00- Tech & Assist
29 Closed Memorial Day	30 Continental Breakfast / Socialization 9:30 - Cardio Interval 10:30 - Beginners Spanish Class 10:30 - Stretching & Strengthening NOON - Lunch 12:00-3:00 Tech & Assist	31 Continental Breakfast / Socialization 9:30 - Level Three Fitness Class 10:00-1:00 – Corner Cabinet 10:00 German Klub 10:30 - Level Two Fitness Class 10:30 – Bingo 11:30 - Level One Fitness Class 12:45 Knitting and Crocheting		

MAY LUNCH SCHEDULE

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
1 Lasagna Roll up Parmesan Broccoli Garlic Knot Honeydew Melon	2 Meatloaf with Gravy Mashed Potatoes Green beans Dinner Roll Applesauce	3 Baked Chicken Stuffing Brussel Sprouts Banana Pudding	4 Beef Stroganoff Noodles Carrots Dinner Roll Pears	5 Chicken Fajitas Fajita veg. Mexican Rice Churro
8 Chicken Marsala Oven Roasted Potatoes Green beans Dinner Roll Chocolate Pudding	9 Chef Salad Ham/turkey Romaine mix Roll Mandarin Oranges	10 Cheeseburgers Cole-slaw Baked Beans Water Ice	11 Roast Turkey w/ gravy Sweet Potatoes Broccoli Cantaloupe	12 Penne Pasta w/Meatballs Romaine mix Italian bread Romano Blend veggies Pineapple
15 Mother's Day Celebration Chicken Piccata Wild Rice Spring Mix Italian Dressing Warm Biscuit Lemon Meringue Pie	16 Pork Chop Sauerkraut Mashed Potatoes Brussel Sprouts Dinner Roll Applesauce	17 Open Faced Roast Beef Wheat Bread Brown Gravy Mashed Potatoes California Blend Cupcake Ice Cream cup 	18 Tuna Salad Platter Salad Crackers Chicken Orzo Soup Oatmeal Cream Pie	19 Pulled BBQ Turkey Kaiser Roll Oven Baked Fries Mixed Vegetables Sugar Cookie
22 Sausage w/ Peppers & Onions Club Roll Potato Salad Oatmeal Raisin Cookie	23 Beef & Broccoli Teriyaki Glaze White Rice Edamame Mandarin Oranges	24 Chicken Salad Kaiser Roll Carrot Raisin Salad Lemon Pudding	25 Swedish Meatballs Egg Noodles Baby Carrots Wheat Bread Watermelon	26 Shrimp Scampi Linguini Italian Bread Zucchini Fruit Mix
29 <div style="text-align: center; color: red; font-weight: bold; font-size: 1.2em;"> Closed Memorial Day </div>	30 Glazed Ham Baked Potato Brussel Sprouts Wheat Bread Water Ice	31 Grilled Chicken Alfredo Broccoli Texas Garlic Bread Honeydew Melon		

MEMORY SERIES

**Two part Series
Led by: Physis Associates**

1) Monday, May 8, 11:00 am

**Dr. Janine Winner
“Normal Aging and the Effect on Memory”**

2) Monday, May 15, 11:00am

**Dr. Julie Keaveney
“Fun Ways to Improve Memory” and Follow Up to Memory Checks**

3) Monday, May 15, 9:00am – 12:00pm

Memory Screenings

Please sign up for a private ½ hour appointment at the center



**A MATTER OF
BALANCE**

MANAGING CONCERNS ABOUT FALLS

**A MATTER OF BALANCE: MANAGING CONCERNS ABOUT FALLS
THURSDAYS, MAY 18TH – JULY 6TH, 1:00PM-3:00PM**

A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

**REGISTRATION IS REQUIRED: To register, call (610)-738-2300 or visit
ChesterCountyHospital.org/Wellness**

This program is being brought to you by:



Penn Medicine
Chester County Hospital

BVAA
BRANDYWINE VALLEY
ACTIVE AGING

May 2023

SPEAKER SERIES

Wednesday, May 3

- 10:00 Villanova Presentation "Depression"
- 12:30 Lincoln Heritage "Get your Affairs in Order"

Thursday, May 4

- 12:30 WCU Cooking Class

Friday, May 5

- 1:00 "Tea Craft" with Andrea & Cheryl

Monday, May 8

- 11:00 Physis Memory Series #1 "Normal Aging and the Effect on Memory"

Tuesday, May 9

- 11:15 Kinetic PT presentation

Wednesday, May 10

- 12:30 Full Range PT program

Thursday, May 11

- 12:30 Main Line Health "Strokes"

Friday, May 12

- 12:30 Mother's Day Tea

Monday, May 15

- 9:00-12:00 Physis Memory Screenings
- 11:00 Physis Presentation #2 "Fun Ways to Improve Memory"
- 12:30 "Q & A on Senior Living" Oasis Advisors

Thursday, May 18

- 10:00-12:00 ENTACC Hearing Tests & Hearing Aid

Monday, May 22

- 12:30 "Trivia" Senior Helpers

Wednesday, May 24

- 11:15 "Happy Living" Humana

MAY MORNINGS AT THE CENTER

- MONDAY-FRIDAY 9:30-12:00 – Fitness Classes
- MONDAY MORNINGS 10:30 – Current Events
- TUESDAY MORNINGS 10:30 – Spanish Class
- WEDNESDAY MORNINGS 10:30 – German Klub
- THURSDAY MORNINGS 10:30 – French Club
- MONDAY, TUESDAY, & FRIDAY 12:00-3:00 – Technology Assistance (Appointment Necessary) Contact: jimm@wcseniors.org or 610-431-4242 x115

A NEW PROVIDER

Same Reliable Service



Starting April 1, 2023, most services provided by Rover Community Transportation in Chester County will move to the Chester County Department of Community Transit. This new transportation service will be called **Chesco Connect**.

All rider services will continue as scheduled, but availability for rides in early April may be more limited than usual. **All fares will remain the same.**

**Starting March 27, riders should call 610-344-5545
with any questions and to schedule new rides.**

*If you have a subscription ride or an existing reservation for trips in April,
you do not need to take any action.*

Rover Community Transportation will continue to provide rides to passengers that travel to clubhouse, workshops, day programming, and similar locations throughout the county. Passengers traveling to these locations should continue scheduling rides by calling Rover at **484-696-3854**.

**HAVE QUESTIONS ABOUT WHO WILL PROVIDE YOUR TRANSPORTATION
ON APRIL 1? CALL CHESCO CONNECT AT 610-344-5545 .**

VISIT **CHESCOCONNECT.ORG** FOR FREQUENT UPDATES.



WEST CHESTER AREA
SENIOR CENTER

530 East Union Street
West Chester, PA
19382

Phone (610) 431-4242

Fax (610) 429-9296

Check us out on the
web!

www.wcseniors.org

*Enriching the lives of our senior neighbors through friendship,
education, activities, and nourishment*

Non-Profit
Organization
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West Chester, PA

United Way Member Agency



WEST CHESTER AREA SENIOR CENTER

2022-2023 BOARD MEMBERS

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The West Chester Area Senior Center, a non-profit organization, provides services and programs to persons sixty years or older without regard to race, color, creed, handicap, sex or national origin. The Center is funded in part under a contract with the Chester County Department of Aging Services. Funding is also provided by the Chester County United Way, monies raised by the Board of Directors, Advisory Council, Planning Council, group donations, individual gifts and memorials, wills, and bequests. All contributions are tax deductible to the extent allowed by law. The Center serves the following Townships: East and West Goshen, Westtown, Thornbury, East Bradford, Willistown, Birmingham and the Borough of West Chester. The Center's official registration may be obtained from the Pennsylvania Department of State by calling toll-free (within PA) 1800-732-0999. Registration does not imply endorsement.

